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Boston Market Meatloaf

1 cup tomato sauce 1" tbsp Kraft
barbecue sauce 1 tbsp granulated sugar
1" lbs 10% fat ground sirloin 6 tbsp all-
purpose flour ½ tsp salt " tsp onion
powder ¼ tsp ground black pepper dash
garlic powder Preheat oven to 400°F.
Combine the tomato sauce, barbecue
sauce and sugar in a small saucepan
over medium heat. Heat the mixture until
it begins to bubble, stirring often, then
remove it from the heat.

In a large bowl, add all but 2 tbsp of the
tomato sauce to the meat. Use a large
wooden spoon or your hands to work the
sauce into the meat until it is very well

combined. Combine the remaining ingredients with the ground sirloin—flour, salt, onion powder and ground pepper. Use the wooden spoon or your hands to work the spices and flour into the meat.

Load the meat into a loaf pan (preferably a meatloaf pan with two sections which allows the fat to drain, but if you don't have one of those a regular loaf pan will work). Wrap foil over the pan and place it into the oven for 30 minutes.

After 30 minutes, take the meatloaf from the oven, remove the foil and, if you aren't using a meatloaf pan, drain the fat. Using a knife, slice the meatloaf all the

way through into 8 slices while it is still in the pan. This will help to cook the center of the meatloaf. Pour the remaining 2 tbsp of sauce over the top of the meatloaf, in a stream down the center. Don't spread the sauce. Place the meatloaf back into the oven, uncovered, for 25-30 minutes or until it is done.

Remove and allow it to cool for a few minutes before serving.

Makes 4 servings.